

Educators, did you know...

Peterborough Public Health
has teaching kits that you can
borrow for your classroom?



TOPICS INCLUDE:

- Mindfulness (All Ages)
- Physical Activity (Varying Ages)
- Oral Health (JK - Gr. 3)
- Handwashing & Germs (JK - Gr. 3)
- Nutrition & Food Literacy (JK - Gr. 6)
- Packing School Lunches (JK - Gr. 8)
- Vaping (Gr. 4-9)
- Drug Literacy & Decision Making (Gr. 7-12)
- Sexual Health (Gr. 8-12)
- Pregnancy & Parenting (Gr. 9-12)



To learn more visit:

www.peterboroughpublichealth.ca/for-professionals/school-health/

Interested in borrowing a kit?

Contact PPH at schools@peterboroughpublichealth.ca



Peterborough
Public Health

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Kit Name	Grades	Description
Mindfulness Activities Set	All	<ul style="list-style-type: none"> ✓ 55 fun ways to share mindfulness ✓ Build skills in: focusing, quieting, seeing, reframing, caring, and reconnecting ✓ Art and meditation activities ✓ Mindful eating resources
Fitness Activity Cards	All	<ul style="list-style-type: none"> ✓ Cards of on-the-spot fitness moves ✓ Great for limited space
Yoga Alphabet Workshop	JK-8	<ul style="list-style-type: none"> ✓ Yoga themed lesson plans and activities to stretch bodies & minds
Oral Health Education	JK-3	<ul style="list-style-type: none"> ✓ Activity handouts, videos, and variety of books ✓ Stuffy to demonstrate flossing & brushing technique
Glo Germ Handwashing Demo	JK-3	<ul style="list-style-type: none"> ✓ Demonstrate handwashing, surface cleaning, and food cross-contamination using glo germs and blacklight
Daily Physical Activity - Primary	JK-3	<ul style="list-style-type: none"> ✓ Ideas for daily physical activities ✓ Includes activity cards, CDs, and DVDs
You're the Chef	JK-6	<ul style="list-style-type: none"> ✓ Recipes and equipment to support hands-on food literacy
School Lunch Your Kids Will Munch	JK-8	<ul style="list-style-type: none"> ✓ Support for packing school lunches ✓ Great for kindergarten orientation nights!
Daily Physical Activity - Junior	4-6	<ul style="list-style-type: none"> ✓ Ideas for daily physical activities ✓ Includes activity cards, CDs, and DVDs
Vaping Education (NAE) - Escape Room Activity	4-9	<ul style="list-style-type: none"> ✓ Interactive activity to educate on dangers of vaping
Daily Physical Activity – Intermediate	7-8	<ul style="list-style-type: none"> ✓ Ideas for daily physical activities ✓ Includes activity cards, CDs, and DVDs
Drug Literacy & Informed Decision Making	7-12	<ul style="list-style-type: none"> ✓ Instead of using a 'don't use drugs' approach, this activity set can help create a non-judgemental atmosphere for students to learn the facts, bust myths, build informed decision-making skills, and discuss their opinions and challenges related to drug use.
Sexual Health Education	8-12	<ul style="list-style-type: none"> ✓ Info on the body, periods, birth control, STIs, sexuality, LGBTQ+, pregnancy, abortion, and consent ✓ Sample products of birth control and condom demonstration kit
Pregnancy & Parenting	9-12	<ul style="list-style-type: none"> ✓ Info and props to understand pregnancy & parenting ✓ Empathy Belly Pregnancy Simulator garment allows individuals to feel > 20 typical symptoms of pregnancy ✓ Links to local parenting resources, how adversity & trauma affect growing brains and child development